

Healthy Adventures Pirate

Take charge of your health with these easy-to-make

Gold Coin Banana Rollups

INGREDIENTS



MAKES
8-10 rollups



1 banana



1 medium
whole-wheat tortilla



Peanut butter



Cinnamon
(optional)



Toothpicks

INSTRUCTIONS

Hook yer arm around yer matey and sing a pirate song!

1. Spread some peanut butter on the tortilla. If you'd like, sprinkle some cinnamon on there too!
2. Place the whole banana on one edge of the tortilla, then roll it up!
3. Slice into small discs, stick some toothpicks in them and enjoy!



DON'T FORGET TO GET 60!

Avast ye, it's time for a Pirate Adventure! Go on a treasure hunt to get 60 minutes of activity!
Grab a yo ho hold of the treasure map and start your adventure!

For more healthy adventures, sail over to

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PIRATE TREASURE HUNT

Ahoy, all ye lads and lasses! Give inactivity the ol' heave-ho by hunting down the items below to get 60 minutes of movement! It's yo ho ho and a barrel of fun!



After you find everything, bury your treasure and mark it with an X!

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